



Canton Center Chiropractic Clinic TRIBUNE

June 2020
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cantoncenterchiropractic.com
Like us on Facebook



Happy Father's Day!

To all of the hardworking, caring, brave, fun, and patient Dads out there. Have a wonderful Father's Day!

~Dr. Potter and Staff



Enjoy this June's Savings!

During the month of June enjoy **10% off Olprima EPA by Standard Process** and **30% off Patchouli by Young Living Oils!**

Check out the Nutrition of the Month section to see how these may help you!



It's Fruit and Veggie Day!

On Thursday, June 11th, come explore healthy eating choices. Learn about healthy treats, recipes, and

the Doctor's favorites! Also, don't forget to visit your local Farmers Market for fresh and local produce!



Congrats to the Class of 2020!

Due to Covid-19 we are sad to hear that our graduates will be missing out on some of their festivities. With that being said, we want to welcome all our graduates in to enjoy a treat on us during the week of June 22nd! We would also like to feature them in our office and on Facebook. Submit your graduate ASAP!

Upcoming Workshops

As part of our effort to further our community's knowledge about health, we continue to offer our complimentary workshops for our patients and their guests.

Due to Covid-19 (coronavirus) we will be postponing all workshops, check out our Facebook page or website for updates!

When they return, as always, guests are welcome, and all workshops will be

held in house. Also, all in-house workshops are at NO CHARGE, and sign up is available at the Front Desk.

Take Time for Tuesday Night Meditation

Join MJ for an evening of **Meditation** when it returns and learn techniques to use at home. With breath work and a quiet environment, you can take a break from your daily activities. Whether you have meditated or you want to begin meditating, everyone is welcome.

Office Hours

Regular office hours are Monday 9am-7pm, Tuesday 10am-6p, Wednesday 9am-6pm, Thursday 10am-7pm, Friday 9am-5:30pm, and Saturday 9am-12pm.

Dr. Potter will be out of the office starting June 25th and will return July 13th!

Due to Covid-19 our temporary office hours are...

Monday, Tuesday, Wednesday, and Friday: 10:30am-4:30pm.

Thursday: 11:30am-5:30pm.

Saturday: 9am-12pm.

Further changes will be posted at the Front Desk and available on our website:

www.cantoncenterchiropractic.com

Massage Therapy & Energy Healing

Maura Gregory, *Massage Therapist and certified personal trainer*, graduated from the Ann Arbor Institute of Massage. Post-graduation, Maura completed an externship at the University of Michigan Athletic Department. Maura believes everyone is an athlete in their own way and massage can help you perform to your best. Schedule your appointment online at: mg.massagetherapy.com

MJ Potter, *Reiki Master* is offering energy balancing and incorporates the Bio-Mat technology with each session. In addition, Reiki I and II classes with attunement are now available. **At this time, we are not offering in person Reiki, we are only offering long distance Reiki. Call the office for more information!**

Elzbieta Rozalski is a Certified, Ingham Method Reflexologist since 2005, and Reiki Master. Reflexology can relieve stress and tension within the body. It improves circulation, lymphatic flow and works to unblock nerve impulse pathways. These benefits all work toward helping the body to heal itself by restoring balance to the vital energies. Note: Per request, Reiki may also be combined with a Reflexology treatment. Call or email for an appointment at: 734-756-0844 www.elarozalski@yahoo.com

or www.michiganreflexology.com

Thermography First

Thermography is a non-touch, painless, non-invasive, radiation-free imaging screening for breast health and much more. Screening will be available on Thursday's, Call Linda Honey for pricing and appointments at 586-770-4429. thermographyfirst@comcast.net

NIA Classes

Nia classes are on hold but when they return join Jennifer Desiderio's Nia Classes on Monday from 7-8p.m. **The Nia Technique Class** is a mind-body-spirit movement combining the energies of dance, martial arts and healing arts. *Drop-Ins Welcome! Minimal fee of \$10.00 a class!* www.nianow.com

Yoga

Yoga is on hold right now but when it returns join us on Wednesday from 7-8p.m. Classes will include standing and seated poses, appropriate levels of twists, forward bends, and strength-building moves. You will learn breathing techniques, postures, sun salutations and calming relaxation.

Nutrition of the Month

The featured supplement this month is **Olprima EPA by Standard Process**. Olprima EPA can be used

for many purposes. It supports healthy triglyceride and HDL, supports healthy inflammatory processes, and could even support general mood! When used at the optimal ratio and dose, concentrated EPA omega-3 oils may improve specific clinical conditions in very different ways from foundational omega-3 supplementation typically used to maintain good health. **During the month of June enjoy 10% off.**

Ask your Doctor or the staff their experience with Olprima EPA and their mood!

The Essential Oil of the Month is Patchouli.

Patchouli oil is carefully extracted through steam distillation of a low, bushy shrub native to tropical regions in Southeast Asia. Although the plant is part of the mint family, Patchouli essential oil has a powerful, musky scent, and because of its complex aroma. With a rich history and unique aromatic profile, Patchouli uses often include perfumes, soaps. You can also use it for its calming aroma during meditation or yoga. **Enjoy 30% off this unique oil during the month of June!**

Please consult the doctors before beginning any new supplements to make sure each vitamin is needed for the individual.

